



Department of Corrections

## ADMINISTRATIVE BULLETIN

Subject: INMATE WEIGHT LIFTING  
PROGRAMS

Number:

98/01

Date Issued:

January 2, 1998

Canceled Effective:

This Administrative Bulletin (AB) announces a change to the California Department of Corrections (CDC) policy regarding weight lifting activities. This AB includes new guidelines for institutions, Community Correctional Facilities and for conservation camps operated jointly by the CDC, California Department of Forestry and Fire Protection, and Los Angeles County.

Effective February 2, 1998, recreational weight lifting activities are prohibited from all institutions/facilities operated by CDC. To comply with this notice, all weight lifting equipment shall be removed effective February 2, 1998. Any exemption to this policy shall require approval by the Director, CDC.

The above provisions do not apply to fitness apparatus that do not utilize weights for resistance, such as dip bars, pull-up bars or incline boards for sit-ups. With the elimination of recreational weight lifting, all fencing surrounding weight lifting areas may either be removed or this area may be utilized for other types of approved fitness apparatus as described above.

Please inform all persons concerned with the contents of this bulletin which shall remain in effect until incorporated into DOM Section 53070. Direct any inquiries regarding this bulletin to Mellie Briggs, Assistant Superintendent-South, Education and Inmate Programs Unit, at (916) 322-6061, CALNET (916) 492-6061.

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